- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu	1-2	3-5	6-12	November 3	November 4	November 5	November 6	November 7
	Menu Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	November 7 Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
bicakiasi	WIIK	cup	cup	cup	Wilk	WIIK	WIIK	WIIK	WIIK
	Fruit	1/4	1/2	1/2	Mandarin	Strawberries	Pineapple	Blueberries	Applesauce
	Vegetable	cup	cup	cup	Oranges				
	Grains	½ S	-½ S	-1s or	Kix Cereal	Corn Chex	Cheerios	Rice Chex	Whole Grain
	(oz eq)	or ½	or ½	1 serv		Cereal	Cereal	Cereal	French Toast
		serv	serv	(1					Sticks
		(1/2	(1/2	oz)					
	Add.	oz)	oz)						
	Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
2011011		cup	cup	cup					
	Vegetable	1/8	1/4	1/2	Green	Broccoli	Stewed	Corn	Peas
		cup	cup	cup	Beans		Tomatoes		
	Fruit	1/8 cup	¹¼ cup	1/4 cup	Mixed Fruit	Pears	Apple Slices	Peaches	Bananas
	Meat/	1 oz	1 ½	2 oz	Sliced	Turkey	Macaroni	Diced	Chicken
	alternative		OZ		Turkey	Meatballs	and Cheese	Chicken	Salad
					,	with Turkey	(whole grain	and Salsa	(Chicken,
						Gravy	macaroni,	(HM)	light mayo,
						,	cheddar		dill) HM
							cheese, milk)		
							нм		
		1/ -	1/ -	1					144
	Grains	½ s or	½ s or	1 s or serv	Whole	Whole Grain	Whole Grain	Whole	Whole
	(oz eq)	1/2	1/2	(1	Wheat	Slider Roll	Macaroni	Wheat	Wheat
		serv	serv	oz)	Bread			Tortilla	Bread
		(1/2 oz)	(1/2 oz)						
	Add.	,	,		Mustard				
	Food								
	option								
Snack	Fluid	1/2	1/2	1	Apple Juice	White Grape	Water	Milk	Orange
		cup	cup	cup		Juice			Juice
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ s or	½ s or	1 s or serv	Whole Grain	Pretzels	Flat Bread	Cheez-it	Inf/Tod-
	(oz eq)	1/2	1/2	(1	Bean and	(inf/tod-soft	and Cheddar	Crackers	Graham
		serv	serv	oz)	Veggie	pretzels)	Cheese		Crackers
		(1/2	(1/2		Crackers		Cubes		PS/SA-
		oz)	oz)						Cinnamon
									Graham
			<u> </u>						Crackers

	AA	1-2	3-5	6-12	November 10	November 11	Navanah au 10	November 13	November 14
	Menu Item	age	age	age	Monday	Tuesday	November 12 Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Dicariasi	WIIK	cup	cup	cup	MIIK	WIIK	WIIK	WIIK	WIIK
	Fruit	1/4	1/2	1/2	Blueberries	Apple Slices	Mango	Orange	Bananas
	Vegetable	cup	cup	cup				Slices	
	Grains	½ S	½ S	-1s	Bran Flakes	Whole Grain	Life Cereal	Multi-Grain	Rice Chex
	(oz eq)	or	or	or 1	Cereal	Croissants		Cheerios	Cereal
		serv ing	½ serv	serv ing				Cereal	
		(1/2	ing	(1					
		oz)	(1//2	oz)					
			oz)						
	Add.					Apple Butter			
	Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8	20p	20p	Mashed	Lima Beans	Diced	Stewed	Zucchini
	Vegelable	cup	cup	cup	Potatoes	Lima beans	Carrots	Tomatoes	ZUCCIIIII
	Fruit	1/8	1/4	1/4	Mandarin	Peaches	Pineapple	Mixed Fruit	Pears
	11011	cup	cup	cup	Oranges	reacties	Пісарріс	Mixed IIon	1 Cuis
	Meat/	1 oz	1 ½	2 oz	Diced	Turkey	Sweet and	Grilled	Tuna Salad
	alternative		OZ		Chicken	Sausage	Sour Chicken	Cheese	(tuna, mayo,
					and Gravy	Patty Melt	(Diced	(Whole Wheat	dill) HM
					-	(turkey	Chicken,	Bread, Sliced	
						sausage,	Sweet and	Cheddar	
						whole grain	Sour Sauce) HM	Cheese)	
						English muffin, cheddar	ПМ		
						cheese) HM			
	Grains	½ S	½ S	1 s	Whole Grain	Whole Grain	Whole Grain	Whole	Whole Wheat
	(oz eq)	or ½	or ½	or	Dinner Roll	English Muffin	Slider Roll	Wheat	Pita
		serv	serv	serv (1		_		Bread	
		(1/2	(1/2	oz)					
		oz)	oz)						
	Add. Food								
	option								
Snack	Fluid	1/2	1/2	1	Water	Milk	Orange	Apple Juice	Milk
ondok	11014	cup	cup	cup	Wale.	74mix	Juice	Apple soice	Willix
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	_	½ S	½ S	1 s	Townhouse	Apple	Triscuit	Whole Grain	Animal
	Grains	or ½	or ½	or serv	crackers	Cinnamon	Crackers	Cheddar	Crackers
	(oz eq)	serv	serv	(1	and Soy Nut	Whole Grain		Goldfish	
		(1/2	(1/2	oz)	Butter	Squares			
		oz)	oz)						

	A4	1-2	3-5	6-12	Nevember 17	November 10	November 10	Nevember 20	November 21
	Menu Item	age	age	age	November 17 Monday	November 18 Tuesday	November 19 Wednesday	November 20 Thursday	Friday
Breakfast	Milk	½ CUD	³¼ CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	1/4 CUP	½ cup	½ cup	Blueberries	Pears	Applesauce	Strawberries	Apple slices
	Grains (oz eq)	½ s or serv (1/2 oz)	1/2 s or 1/2 serv (1/2 oz)	1s or 1 serv (1 oz)	Corn Flakes Cereal	Kix Cereal	Whole Wheat Bagels	Rice Chex Cereal	Cheerios Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ CUD	³ / ₄ CUD	l cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Diced Potatoes (potatoes, olive oil, oregano)	Carrots	Mixed Vegetables	Cucumber Slices
	Fruit	1/8 cup	1/ ₄ CUP	1/4 cup	Mixed Fruit	Peaches	Pineapple	Mandarin Oranges	Bananas
	Meat/ alternative	1 oz	1 ½ OZ	2 oz	Scrambled Eggs	Turkey Burger	Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli) HM	BBQ Ground Turkey (HM)	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Grain Slider Roll	Whole Grain Dinner Roll	Whole Wheat Bread
	Add. Food option	,	·			Ketchup			Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Water	White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	³¼ CUP					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	l s or serv (l oz)	Pretzels and Sliced Cheddar Cheese (infant/tod; soft Pretzels)	Graham Crackers	Multi-Grain Club Crackers	Triscuits and Cheddar Cheese Cubes	Whole Grain Bean and Veggie Crackers

	Menu Item	1-2	3-5	6-12	November 24	November 25	November 26	November 27	November 28
		age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	³¼ CUP	1 cup					
	Fruit	1/4	1/2	1/2	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Vegetable	cup	cup	cup					
	Grains (oz	1/2	-½ S	-1s					
	eq)	serv	or ½	or 1					
		- 1/4	serv -1/3	serv -3/4					
		cup or	cup	CUP					
		1/3	or ½	or					
		OZ	OZ	1oz					
		-1/4	- 1/4	- 1/2					
		cup	cup	cup					
	Add. Food								
Lunah	option Milk	1/2	3/4	1					
Lunch	MIIK	CUP	CUP	cup					
	Vegetable	1/8	1/4	СОР					
	vegeluble	cup	cup						
	Fruit	1/8	1/4	1/4					
	11011	cup	cup	cup					
	Meat/	1 oz	1 ½	2 oz	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	alternative		OZ		CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Grains (oz	½ S	½ S	1 s					
	eq)	or 1/2	or 1/2	or					
		serv	serv	serv					
	Add. Food								
	option								
Snack	Fluid	½ cup	½ cup	l cup					
	Fruit/	1/2	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains (oz	½ S	½ S	1 s	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	eq)	or ½	or ½	or					
		serv	serv	serv					